



UCOOK

Succulent Lamb Rump

with a warm quinoa salad, roast butternut
& mint-infused yoghurt


A flavourful cut of lamb, basted with butter and an aromatic rub, lies atop a cosy salad of red quinoa, crispy kale, and feta. With caramelised butternut for nourishment and a burst of freshness from mint-laced yoghurt. Glorious!


Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Adventurous Foodie

 Waterford Estate | Waterford The Library
Collection Spring Shiraz 2017

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded & cut into bite-sized chunks</i>
50g	Kale <i>rinsed & roughly shredded</i>
75ml	Quinoa
5ml	Vegetable Stock
10g	Pumpkin & Sunflower Seed Mix
25ml	Low Fat Plain Yoghurt
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
160g	Free-range Lamb Rump
5ml	NOMU Lamb Rub
1	Lemon <i>½ cut into wedges</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. ROASTY TOASTY Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Massage until softened and set aside.

2. BUBBLING AWAY Rinse the quinoa and place in a pot with the stock. Submerge in 300ml of water and stir through. Place over a medium-high heat and bring to a simmer uncovered. Cook for 20-25 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for at least 5 minutes.

3. CRUNCHY SEEDS & MINTY YOGHURT Place a nonstick pan over a medium heat. Toast the seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. In a small bowl, combine the yoghurt with ¾ of the chopped mint. Season and set aside for serving.

4. POP IN THAT KALE When the butternut has 10 minutes remaining, give it a shift and scatter over the kale. Return to the oven for the remaining cooking time. On completion, the kale should be crisp and the butternut should be cooked through and caramelised.

5. TENDER RUMP & PERKY QUINOA Pat the lamb dry with paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, cook the lamb for 7-9 minutes, shifting and turning as it colours, until browned all over and cooked through to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, baste with the lamb rub and a knob of butter. Remove from the pan on completion and set aside to rest for 5 minutes before slicing, reserving any pan juices for serving. When the roast is ready, add the crispy kale to the cooked quinoa. Crumble in ¾ of the drained feta, squeeze over the juice of 1 lemon wedge, and toss to combine.

6. PUT YOUR DINNER TOGETHER Make a bed of loaded quinoa and top with the golden butternut. Lay the lamb slices on top and drizzle over any reserved juices from the pan. Garnish with the remaining feta, the minty yoghurt, and the toasted seeds. Sprinkle over the remaining mint and serve with a lemon wedge on the side. What a meal!



Chef's Tip

The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!

Nutritional Information

Per 100g

Energy	658kj
Energy	157kcal
Protein	8g
Carbs	13g
of which sugars	1.6g
Fibre	2.2g
Fat	7.9g
of which saturated	3.1g
Sodium	193mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days